

FFSC PROGRAMS
TARGETED FOR
UNINTENDED PREGNANCIES/RESPONSIBLE PARENTING

The programs listed below provide a variety of classes, workshops and programs offered by various FFSCs. A local point of contact is listed for each program so that you may request additional information or curriculum materials directly from them.

1. Atsugi, NPS Nurse, DSN 315-264-3628, (C) 011-81-311-764-3628, E-mail: J-Richar@atsugi.navy.mil.

➤ Responsible Parenting -- Give Yourself a Chance. This is a 45 minute brief that includes the use of a Navy video by the same title. Topics include parenting responsibilities of service members and the Navy, family planning, financial and professional responsibilities in support of the Navy mission. This brief is provided as part of squadron GMTs with all members of the squadron mandated for attendance.

➤ Family Planning Class. This class is 40 minutes in length and utilizes the Women's Health Series video, "Contraception: Know Your Options." Topics include available birth control options with emphasis placed on failure rates if not used appropriately. This class is offered every other month during the Premarital Class.

2. Gaeta, NPS Nurse, DSN 627-7818, (c) 011-39-077-172-3866, E-mail: brabhamo@nsa.naples.navy.mil.

➤ "The Women's Information Forum." Comprised of single female active duty military members stationed on board the USS La Salle. This closed-ended group meets for 60 minutes once per week for five consecutive meetings. Participants may be selected by department heads and other command representatives, medical department or self-referral. During the five sessions the following topics will be discussed: coping and adjustment, communication, self-esteem, date rape/dating issues, pregnancy prevention (methods of birth control and their proper use, availability of birth control on ships, etc.), STD prevention and alcohol issues.

3. Great Lakes, Nancy Decker, NPS, DSN 792-3603 ext 206, (C) 847-688-3606, E-mail: Nancy.Decker@cnet.navy.mil.

➤ At Recruit Training Command (RTC), there is a Women's Wellness Class that lasts one day. It is conducted during the in-processing days at RTC. Female recruits are taught about the following topics: the various forms of birth control; the use of and how to apply condoms; how to access care; and sexually transmitted diseases. Recruits are also offered birth control pills or the depo-prevara shots.

4. Groton, Joan Brown, NPS, DSN 694-3065, (C)860-694-3065, E-mail: nfsc@subasenlon.com.

➤ Provides the CNET program, "Responsible Parenting -Give Yourself a Chance," to new active duty sailors at SUBASE and to other Commands upon request.

5. Jacksonville, Wilhelmina Nash, NPS, DSN 942-2766, Ext 55, (C) 904-542-2766, E-mail: onash@nasjax.navy.mil.

➤ Child Support Information Class (Quarterly)

➤ Dad's Class -- What a difference a Dad makes in the Life of a Child (Quarterly)

➤ Mom & Dad Support Group (Monthly)

Naval Hospital Jacksonville, Education Training Coordinator, Alisa Davis, DSN 942-7428, C) 904-542-7428, E-Mail: A_S_Davis@sar.med.navy.mil.

➤ New OB Orientation Class

➤ 2nd Trimester Pregnancy

➤ 3rd Trimester Pregnancy

➤ Baby Boot Camp I

➤ Baby Boot Camp II

➤ Breast Feeding Prep

➤ Lamaze Class

6. Keflavik, Heidi Greenfield, Chief of Counseling, DSN 8-312-450-4401, C) 011-354-425-4401, E-mail: heidi.greenfield@naskef.navy.mil.

➤ Provides a Power Point presentation for GMT, "Fooling Around and It's Consequences..." which focuses on unmarried women on ships. Provides statistics on unplanned pregnancies, i.e., 52% of pregnancies were unmarried women, 66% of pregnancies were unplanned, and over 95% of

pregnancies in the E-1 to E-3 ranks were unplanned. Discusses risks, responsibilities, and consequences of dating and sex. Utilizes statistics from Navy Recruit Survey (1994). Addresses prevention, contraceptives, STDs, lifestyle changes, financial issues, legal issues, and responsibilities of parenting.

7. Lakehurst, NJ, Pam Schott, FFSC Director, DSN 624-1248/2667, (C) 732-323-1248/2667, E-mail: SchottPA@navair.navy.mil.

➤ Offers a very successful program for pregnant sailors and spouses, 5 weeks, meeting 1 1/2 hours per week. Commands require pregnant service members to attend. Each group has 6-16 attendees. Topics include nutrition, WIC, health care, stress management, and healthy parenting, resources and referrals.

8. Mayport, Sue Andrews, NPS Home Visitor, DSN 960-7082, (C) 904-270-6600 Ext 148, E-mail: andrews@nsmayport.spear. navy.mil.

➤ Baby Boot Camp

➤ Conducted the first three Thursdays of each month. Addresses pregnancy problems, concerns, and expectations; includes information on family planning and contraception.

➤ Responsible Parenting

➤ Conducted each month at INDOC, addresses the need for planning all pregnancies, highlights the Naval responsibility, and the financial responsibility associated with marriage and becoming parents. Makes referrals to clinics to obtain birth control products and to family planning programs in the Naval medical system.

9. Patuxent River, Sally McErlean, NPS, DSN 757-1869, C) 301-757-1869, E-Mail: mcerleanss@navair.navy.mil.

➤ Power Point presentation entitled, "What Does It Really Cost to Raise a Child? Or . . . can you afford a new car and a baby?" It lasts about 15 minutes with discussion. The presentation is conducted conjointly with the VX-1 flight surgeon at the monthly squadron indocs. The flight surgeon has a Power Point presentation on birth control options. There has been a 50% reduction in the number of pregnancies.

10. Roosevelt Roads, Teri Detwiler, NPS Nurse Detwiler, DSN 831-4097, C) 787-865-4097, E-mail: detwilert@navstarr.navy.mil.

➤ "Realities of Single Parenthood," geared toward becoming a single

parent while in the Navy.

11. San Diego, Marlene Casel, FFSC Director, DSN 526-7438, C) 619-556-7438, E-mail: Casel.Marlene@ns.cnrsw.navy.mil.

➤ Adapted "Choices" to include heavy emphasis on alcohol education, cost of parenting, and relationship building. The program has been so successful that CAPT Hering (CO for NAVSTA) has made it mandatory for all young service members reporting on board at NAVSTA. Tenant Commands also request the series be presented to all shipboard personnel at all three installations (NAVSTA, PT Loma and NASN). Choices classes are taught 1-3 times per month.

12. Sigonella, SAVI Coordinator, DSN 624-4291, C) 011-39-095-56-4735, E-mail: sgodwin@sicily.navy.mil.

➤ Developed this awareness program in response to a local problem regarding a large number of single parent pregnancies. Presented to all Sailors below age 26. Joint effort by FFSC and Naval Hospital. Held 3 times a month in conjunction with the PREVENT course. "Baby Think It Over," involves caring for electronic babies in order to realize the responsibilities of parenting.

13. West Sound (Bangor), Kathy Korth, FFSC Director, DSN 744-4115, C) 360-396-4115, E-mail: Kathy.Korth@subase.nsb.navy.mil.

➤ FFSC staff provide a weekly group for the pregnant sailor in partnership with both the Chaplains and Navy Hospital. Topics include child care, medical care, nutrition, uniform regulations, BQ regulations, housing options, etc. This was a program that was initiated at the request of the installation CO due to the numbers of individuals involved. The group has had its ups and downs with success. This is mainly due to commands not being willing to release the servicemember to attend the group.

14. Whidbey Island, Geri Eekhoff, NPS Nurse, DSN 820-6779, C) 360-257-6779, E-mail: eekhoffg@naswi.navy.mil.

➤ VAQ-129 requested GMT on unplanned pregnancies because many of the active duty females were TAD to this command after becoming pregnant. Presentation, "Baby . . . Maybe" is a 4 hour collaborative effort including speakers from Medical, Occupational Health, Career Command Counselor, and Navy Relief. Topics include career issues and pregnancy, budget implications of pregnancy, STDs, and birth control.

15. Whiting Field, Rikki Vidak, FAR, DSN 868-7177, C) 850-623-7177, E-Mail: rikki.vidak@cnet.navy.mil.

➤ FFSC Staff provide a GMT on pregnancy prevention that is mandated by CNET for their mandatory GMT schedule. Topics include cost of a child, day care, etc., and how personal responsibility fits into core values. Reference is made to Medical for birth control options.